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Horsing around: the fun side of giving back

Alicia Leitzen
GUEST WRITER

Hope Serves creates an opportunity for friends, acquaintances and strangers alike to come together to connect with the greater Holland community.

Hope Serves, through the administration of Volunteer Services, offers students the choice to sign up individually at a site that interests them or with a group they are involved with on campus.

Student Activities Committee (SAC) spent the morning at Renew Therapeutic Riding Center, just one of fourteen total sites that were offered. As one of the SAC directors, I'll admit I was nervous what our members would think about us dragging them out to a barn on a Saturday morning in the snow. I should have known better than to underestimate their positivity.

We were greeted with enthusiasm by Melissa Conner, the Executive Director, and Kelly Leikert, the Volunteer



ALICIA LEITZEN

HORSE PLAY AFTER HARD WORK — Members of SAC pose for a joy-filled picture with one of the horses at the therapeutic center. The group braved the brisk winter weather to help with tasks such as stacking bales of hay.

Coordinator, and our group shot that enthusiasm right back. Even while stacking hay, our group laughed at silly puns and

challenged one another to create the fastest assembly line.

In between jobs, we were able to sneak outside to talk to and

pet the horses, and, if we were lucky, snap a selfie with one of them. Our timing worked out well, as we volunteered just two

days before their winter season would begin, and we left feeling like we had not only gotten them where they hoped to be, but also bonded as a team.

The Renew Therapeutic Riding Center focuses on the plethora of positive impacts that horse riding has the ability to provide individuals with, both physical and mental.

Riders are encouraged to look past their fears, disabilities or other hindrances. Dreaming and reaching for the stars are among important philosophies they adhere to.

The non-profit organization willingly accepts volunteers to fulfill tasks such as assisting riders during lessons, carrying out necessary barn duties and lovingly caring for the horses. The beautiful creatures have many wonderful things to offer. Posture can be improved during riding and comfort can arise due to the motion of the activity.

For more information about programs and volunteering, visit their website at renewtrc.org.

Achieving happiness through simplicity and nature

Kalley Savona
CAMPUS CO-EDITOR

Imagine your favorite place on the planet. Odds are you'll picture a family-filled house on a lake, a serene forest to escape to, an adventurous hike in the mountains or a sunny beach, playing sand volleyball with friends. Exploring nature, spending time with loved ones and protecting the beautiful planet may be some of the most important factors in attaining happiness.

Author William Powers captivated us with stories about his life and passions during a talk last week. He has worked in development aid and conservation across multiple continents. His lecture emphasized the importance of slowing down to increase mindfulness and embrace simplicity.

Residing in a 12 by 12-foot cabin or a 350-square-foot "micro-apartment" certainly requires a simpler lifestyle. Experiences such as these make up the content for books Powers has written in the past.



ANGELAGAYEHORN.COM

HOME SWEET HOME — The Powers family built this inviting adobe house incorporating minimalist ideas to ensure it would be as carbon-light as possible.

His most recent work, "Dispatches from the Sweet Life," chronicles the difficulties and delights of his current home life. Powers now lives on a five acre permaculture experimental piece of land in Bolivia with

his wife and kids. Along with the benevolent community, the family strives to focus on and practice sustainability in their everyday lives.

By attempting to escape the endless consumerism of society,

Connecting to that more-than-human matrix is what a lot of psychologists show will bring out more joy.
— WILLIAM POWERS

they are able to begin reducing their carbon footprint while inspiring others to do the same. The Powers' main goals are to minimize their dependence on the market and discover new ways to live creatively. Their land is home to 50 different types of fruit.

Some people believe there to be a significant link between happiness and nature. "Last time I checked, we have this beautiful creation of 300 million other species. Connecting to that more-than-human matrix is what a lot of psychologists show will bring out more joy," said Powers. It becomes increasingly common today that people, especially children, may be suffering from nature deficit

disorder as they spend less time outdoors.

Powers additionally offered some suggestions to further improve Hope's sustainability as well as student happiness. Mindfully walk to and from classes to more deeply notice nature. Expand dorm kitchens to encourage students to cook meals together. Become involved in activist communities. Contemplate and meditate.

Lily Vogt ('19), co-president of Green Hope, resonated with Powers' messages. "Oftentimes we have such busy lives and we lose track of how we actually feel about things. I think going back to a more simple lifestyle where you're not racing around, you get time to think about who you are and what you believe. Giving yourself room to think allows you to be more happy and focus on what you want to do with your life," said Vogt.

Green Hope will be a part of various events throughout the semester such as Recyclemania. Keep an eye out for training sessions this semester to further immerse yourself into a sustainable life.

VOICES

Mental health

Q & A with Campus Ministries and CAPS

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ARTS

Classical making a comeback

The 5 Browns musical performance wows audience

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SPORTS

Swim & dive, basketball and track

Victory has been achieved across the board for Hope sports this week

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THIS WEEK AT HOPE

Today

CONFIRMATION FILM & DISCUSSION
FOLLOW-UP

The Students Teaching and Empowering Peers (S.T.E.P) group is hosting a film and discussion, from 6:30-9 p.m. in Martha Miller Fried Hemenway Auditorium. The group is dedicated to educating students and staff on issues of race and sexual assault. This is an informative film, and the discussion is meant for students to voice their opinions. It also provides positive dialogue on the topic. All students are welcome to attend; admission is free.

Thursday

STATE OF THE MSO ADDRESS

The address will take place at 4 p.m. in the Bultman Student Center Auditorium. The members of the Multicultural Student Organizations (MSOs) will be discussing the work they do on campus, while providing insight into the challenges that come with being students of color on campus. The address will also include two clips of student documentaries, where various students of color talk about their experiences at Hope. There will be a panel discussion following, and the audience will have a opportunity to ask questions and voice their opinions and concerns. Admission is free, and all students are encouraged to attend.

Friday

VANDERPROV

Vanderprov will be hosting its first show of the semester from 7-10 p.m. in the BSC program area! Comedy is back at Hope's campus. Admission is free for students, and attendees should bring their friends to enjoy a night of comedy.

IN BRIEF

HOPE-CALVIN

If you enjoyed watching the 199th edition of the ultimate basketball rivalry, you will be thrilled to learn that Hope-Calvin will be renewed for the 200th game. After losing in a nail-biter, Hope will be eager to take the court against its rival and come out with a victory. This game will take place Saturday, Feb. 2, at 3 p.m. at DeVos Fieldhouse. Be there or be square, and support your Hope Flying Dutchmen in the historic 200th game!

WINTER HAPPENING

If you love trees, then this seminar is for you! Trees provide you with many health benefits that most take for granted. A group of tree-lovers will share the story of what they invented and how they hope it will promote the value of trees to the communities of Holland and Hope College. It's a story about the benefits of trees now and in the future. The event will be held on Saturday beginning at 9 a.m. at the Haworth Inn & Conference Center. It is open to the public and is hosted by Public Affairs & Marketing. Admission is free, and lunch is \$13.

VISION OF A NEW LIFE

This play, which will be held on Saturday at 2 p.m. in the Jack H. Miller Center for Music Arts tells the story of Van Raalte, who led Dutch immigrants to establish the place that is now known as Holland. It also illustrates the challenges that they faced in their quest to establish a new colony in a new world. This play is part of the 25th anniversary of the Albertus C. Van Raalte Institute's formation. The event is free to attend.

MSO event connects student groups

Miles Pruitt

CAMPUS CO-EDITOR

The three multicultural student organizations (MSOs): Hope's Asian Perspective Association (HAPA), Black Student Union (BSU) and Latino Student Organization (LSO), collaborated for the first time at a MSO kickoff event on Saturday.

This event is essential for the state of the MSOs going forward. It provides an opportunity for students from each group to get together and have fun, while also giving each board an opportunity to plan, execute, and find inspiration for future events. Each group selected its own board game and bonded together as they played. Members of each executive board served as players and proctors of each session, ensuring that the games were being played fairly. Another group broke off and began to play pool, adding to the festivities of games and bonding.

Each MSO has an executive board that is well attuned with each other and their general membership, which enabled them to have a lot of fun and

also take the stress off of an otherwise stressful week. The Spotify playlist in the background consisted of a mix of modern rap, pop and chill music vibes, ebbing and flowing as the student intently played and watched.

HAPA provided delicious ramen as food, with other tasty snacks and drinks for students to enjoy as they played the board games, donated by LSO and BSU. The ramen that HAPA cooked up was delicious; attendees got to choose between mild and spicy. The drinks washed down the delicious food, providing fuel to the players as they continued playing into the early night.

The difficulty associated in juggling three different group agendas while also bringing different sects of people together was overcome.

Each group brought their own cultural identities and came together to have fun while also illustrating the cultural diversity of the MSOs.

With Martin Luther King (MLK) week beginning on Monday, the MSO kickoff is a perfect segue into celebrating a cultural icon, while also reminding students that, despite what is going on in the world around them, there are still



MILES PRUITT

FRIENDS GATHER FOR FUN— Students enjoyed playing as a respite from the hustle and bustle of school and work. It also allowed the students to harken back to their childhoods. Those who did not play watched with anticipation and excitement over each game. It was great, with the snow piled up outside, to be in the warmth of the lounge enjoying friendship.

spaces for students of color and their allies to have conversation and be a part of Hope.

The MSOs saw the event as a successful primer to

the semester calendar and a precursor to the celebration of culture and those who sought to change the status quo with MLK week.

Blasting off into Skyzone excursion

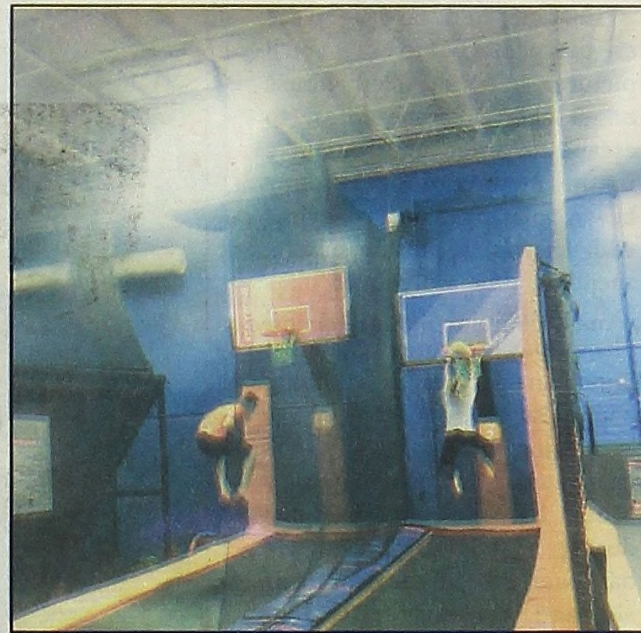
Cameron Geddes

STAFF WRITER

Instant reversion back to the days of youth are indeed possible! Ordinary people can bound great heights, soar like hawks and flip through the air. How is this possible, you may ask? A night at Skyzone of course! The Student Activities Committee (SAC) closed out the second week of school with two hours of excitement at the Michigan-famous indoor trampoline park. On Jan. 18, students were invited to join for a 45-minute bus ride and then jump around from 8-10 p.m. The off-campus event felt slightly different from previous SAC in-house events, requiring a five dollar fee and a waiver to be filled out.

A single Hope bus arrived at the DeWitt flagpole, where it was loaded to capacity with participants. Several dozen more students were able to arrange their own transportation and arrived at Skyzone a few moments after the bus.

After storing belongings in cubbies and donning the special rubberized socks, it was time for romping around the surprisingly expansive indoor park. Special equipment had been installed inside for several different exciting activities: a small zipline, an obstacle course, a horizontal ladder rope, "silks" for climbing and spinning in, a



CAMERON GEDDES

BOUNCING AROUND — Students bounced to the beat of the pads, as Skyzone provided a great opportunity to unwind. They were excited about their time to be kids again. On the right, students had a good time dunking basketballs and flying above the rim. They were soaring above the competition the entire night.

nerve-racking triple-platform jump near the back, a small free-climbing wall, a trapeze bar and swingset, a trampoline dodgeball court and tons of trampolines at any number of angles.

Dozens of young adults with limited supervision at a trampoline funhouse with enough equipment to make an insurance agent faint? It is safe to say that the waiver was a well-advised policy, yet no serious injuries took place.

Even the seven-foot jump onto an extra-springy trampoline, which then catapults you over

another padded platform, was without fatality.

While the facility was well-maintained and constructed for maximum safety, the largest preventer of injury was likely sheer exhaustion; the physical rigor of doing all that Skyzone had to offer was enough to wear anyone down.

A concessions table was conveniently tucked near the desk for those looking for a pick-me-up or a nice place to chat. The remainder of participants were seen scrambling from event to event in a hurry to

try every exciting attraction. Students were sad to go but loaded the bus without incident in a rare display of complete organization.

Because Skyzone is a relatively short drive away, it makes for a nice weekend retreat; their reputation of being generous to students and customers has only been enhanced as of late. They have offered one free hour of fun to families impacted by the partial government shutdown.

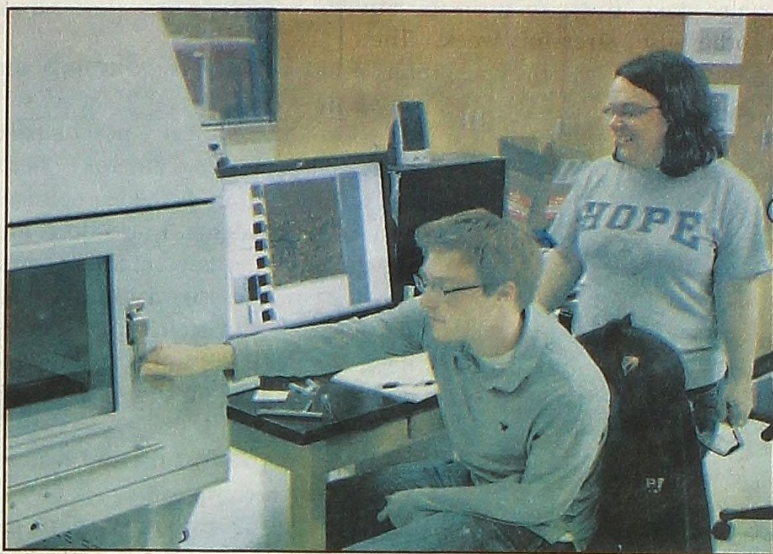
Their cooperation with SAC made the night of the 18th very pleasant indeed!

Shutdown in 5th week delays key decisions

Claire Buck
NATION/WORLD EDITOR

With the government shutdown now approaching a month, Hope College professor Dr. Jennifer Hampton is among the millions of Americans wondering how long this can go on. "At this point, the main impact is uncertainty," said Hampton, who teaches physics and serves as director of her department's summer research program. In November she applied for a new grant from the NSF to continue her research on making batteries out of more sustainable materials. The turnaround on these funding decisions is slow under normal circumstances—Hampton would have expected to hear back from the NSF sometime in late spring or early summer—but she now anticipates that there will be a backlog of proposals once the agency reopens. Even if the NSF were to resume operations soon, the decision on her proposal will most likely be delayed. The shutdown's long-term implications for researchers grow more significant the longer it persists.

Hampton recalled working through brief shutdowns in the past, but these experiences offer little help as a reference for understanding how this latest lapse in government funding will play out for her department. "We're in unprecedented



HOPE.EDU

THE WEIGHT OF UNCERTAINTY — As the shutdown continues, a Hope professor considers the future of her funding and her department's summer research program.

territory," she said. For now, she has enough funding to continue on with her research and hire students to assist with the project over the summer. Hope also has other sources of funding for research projects, and the physics department has been in an ongoing search for these alternative options. Even so, Hope's research programs still rely heavily on federal grants and will continue to for a long time to come. Hampton suspects that students who receive a research assistant position this summer may also receive a disclaimer: their employment is contingent on the funding available for their project.

Hampton isn't the only

person who's not sure what to expect from the ongoing shutdown. Hundreds of thousands of government workers are wondering where their next paycheck will come from, and many have filed for unemployment. The New York Times explains that a closed government costs more than an open one. Government workers will eventually collect their furloughed salaries, but their decreased spending in the meantime—along with taxes and fees that go uncollected, payments and interests that the government will owe once the shutdown ends and the cost of repairing damage to national parks—could significantly harm

the economy. Many federal agencies are funded through the end of the fiscal year, which ends in September, and can continue to function until then. But plenty aren't, and a prolonged shutdown could disrupt their efforts. For instance, the Census Bureau might run out of resources to conduct the 2020 census. Even the White House can't predict how all of this will resolve: the New York Times reports that there are some drafts of Trump's upcoming State of the Union address based on a reopened government and others based on a shutdown that's into its sixth week.

Hampton doesn't know yet how the shutdown will affect Hope's future, but she does know that the situation will almost certainly come up in her department's next meeting. "What's frustrating is that so much of the government that's being impacted is not political," said Dr. Hampton. She's right—the burden of this battle between Congress and the President has fallen to federal employees worrying about how they're going to pay bills, to Americans whose food hasn't been properly inspected, to scientists waiting for a decision on important grants and to the students who won't gain rich research experience by assisting with their projects if there's no funding to hire them.

TRUMP'S TARIFFS THREATEN HOLLAND FACTORIES



NEW YORK TIMES

Claire Buck
NATION/WORLD EDITOR

Holland, Michigan made national news earlier this month in a New York Times article featuring factories that have been hurt by President Trump's tariffs on Chinese steel. Because of its history as an industrial center, Holland and the surrounding western Michigan area were initially receptive to Trump's promise to protect American businesses by taking a tough line with China. Now many of the factory owners who hoped Trump would help their industries have seen his strategy backfire, raising their costs and slashing their profits.

How did a plan that was designed to protect factories from offshore competitors end up harming them instead? The tariffs did, in a way, accomplish what Trump intended by giving U.S. steel producers an advantage, but this advantage has come at the expense of American companies that rely heavily on foreign imports of steel parts. The owner of the Holland-based factory Agritek, Larry Kooiker, claims that American steelmakers are taking advantage of their new leverage to raise their prices. Other factory owners report that some of the components they use in their products aren't produced domestically at all, and they've become much more expensive to obtain because of the tariffs. All of this translates to higher costs of production, which could prove disastrous for these businesses.

Now, in an ironic and troubling turn of events, factories across western Michigan are decreasing purchases, losing bids to foreign competitors and considering moving elsewhere. Among the companies hurt by the tariffs is EBW Electronics, a family-owned business in Holland that has been considering shifting its production to Mexico. "I just feel so betrayed," said the company's chairman Pat LeBlanc in an interview with the New York Times. "If we fail because the company is being harmed by the government, that just makes me sick."

Kenya vows justice for deadly mall attack in Nairobi

Cameron Geddes
STAFF WRITER

Kenya's capital of Nairobi was again rocked by the specter of terrorism this week as a mall complex attack claimed the lives of 21. This marks another occurrence in a series of attempts by al-Shabab, who claimed responsibility for the assault, to destabilize the region.

Gunshots and a series of explosions marked the beginning of the attack at 3:00 p.m. last Tuesday. "14 Riverside," the hotel-office-shopping complex housing the DusitD2 Hotel, became a killzone as five insurgents with automatic weaponry and bombs stormed what was, moments before, a completely serene and normal workday. Before security was able to respond, a suicide-bomber detonated his vest inside the grounds, and chaos ensued. Plainclothesman police officers responded quickly, but the scope of the attack demanded more than a brief engagement. Counter-terrorist forces worked to diffuse the situation over the course of what would become a 19-hour siege, killing all five terrorists but leaving 21 others dead. Among the dead were 15 Kenyans, four



NEW YORK TIMES

SCENES OF CHAOS — Kenyans flee the mall that became the scene of a deadly attack by al-Shabab, a terrorist organization linked to al-Qaeda

citizens from other African nations, an American and a British national. Scenes of the aftermath are excruciating to examine, visceral scenes of violence contrasted against a picturesque locale.

By late last Wednesday, eleven individuals were in custody in connection with the attack, including a female accomplice and a possible financier. Kenyan security was, as hinted at before, well-prepared for the attack. Kenya has struggled with terrorism for several decades. In the last ten years, these forces have had

a specific name: al-Shabab or "The Youth." The organization is based in Somalia and tied to al-Qaeda and its intricate web of associated groups. As reported by Aljazeera, al-Shabab believes themselves to be Islamic in nature, promoting their own version of Islamic law through violence. In claiming responsibility, the group denounced U.S. President Trump's declaration of Jerusalem as the true capital of Israel. However, this betrays several more prominent motives behind Tuesday's assault: increased

airstrikes against the group, the involvement of Kenyan forces in the joint counter-terrorism effort in Somalia, an al-Qaeda call to action and the anniversary of a 2013 Kenyan military base attack. In fact, according to the Washington Post, Tuesday's attack mirrored another 2013 assault at Kenya's Westgate Mall, which killed 67.

The president of Kenya, Uhuru Kenyatta, denounced the attack and asserted that those responsible would be held accountable. Indeed, the country was put into high alert. While the Kenyan government has worked very hard to rout out terrorism, some believe the crackdown to be too severe and may in fact further raise tensions by alienating Somalis in Kenya. U.S. strategists have mixed views about the effectiveness of counter-terrorism efforts against al-Shabab, noting that the group's persistent recruitment and international support props it up against individual crackdowns and drone strikes. Kenya is now struggling with the socio-political and economic repercussions of the attack, as an attack on a mall frightens both Kenyan citizens and foreign investors in Kenyan enterprise.

Need for revival on campus

Zachary Dankert
Staff Writer

Q: What exactly is your job on campus?
A: I am a chaplain here in Campus Ministries, and I meet with students one-on-one and offer pastoral care. I also organize spring break immersion trips and train leaders.

Q: Can you give a brief explanation about what this current “Revive” series is about?
A: The Revive group was formed through student interest, there were five seniors that came to our office and desired to have a group where they could support other students struggling with mental illness. Part of their heart was to break down stereotypes that are often held in our society, and the hesitancy of reaching out when they do need help. They really want to encourage students to reach out and get help.

Q: Do you feel that there are any unique aspects/struggles to dealing with mental illness on a faith-based campus?
A: I don't think there are any struggles. We have a counseling office that does a really good job of meeting with students, and I think that it's a great opportunity on a Christian campus to say “God hasn't forgotten you. You have a body that's physical.” Just like if we were to have a struggle with diabetes, we wouldn't keep praying for that to go away; we would seek medication, and God is part of that medication. That's where I think God is part of counseling. So I think a Christian campus can be a rich experience. We do in our society want instant fixes and when we don't have that- Psalm 40 says that “I waited and waited and waited on God, to hear my cry”- and I think that it can get weary. You just need other people to pull the church toward you.

Q: How has the topic of mental illness changed on campus in recent years?
A: I think the awareness is becoming more vocal. There has been support over the years, and this generation is more in tune. People are saying “I don't want to live this way,” and I think that's a cool part because whether it's a physical or emotional pain, there are signals that say “This isn't quite right,” and it prompts you to get help.

Q: Is there anything you would still like to change?
A: I wish for students to see that God cares about them, and he cares about their whole being. He doesn't just care about their success academically, but he cares about them relationally and intellectually. I think here at college we physically get tuned into the emotional and relational and spiritual side and that excites me, when students actually get it.

Q: What do you hope to accomplish with this series?
A: I want students to be able to come and talk about a subject that they may feel marginalized because of, and I hope that they realize there's hope and help. I hope they realize they are not alone. I think pain isolates, whether it's physically or emotionally.

Q: When you have any conversation with anyone about mental illness, what do you find yourself telling them the most?
A: I often look at the psalms. Psalm 40 is just a reassuring psalm that we have a God that cares about your emotions, and that it is okay to struggle, and your darkest day is not always going to be how you live the rest of your life. And wholistic healing can be a slow process, so it's okay to be where you're at, but there is a future hope of navigating through this.



Nancy Smith
Chaplain of Integral Missions



Bill Russner
Clinical Coordinator

CAPS supports all students

Zachary Dankert
Staff Writer

Q: What exactly is your job on campus?
A: I'm a clinical psychiatrist and clinical coordinator here at CAPS, so I provide counsel service for students. I also do some psychological assessments, and provide clinical supervision. We also do outreach and training programs here. We do RA training in the fall, and we do QPR (question, persuade, refer) training.

Q: How do you feel mental illness is treated on campus?
A: I think for the most part its treated pretty well. The standard line is that there is a lot of stigma around mental health, and I think there is still some of that here for some people. But I think for the most part Hope's community recognizes that mental health is important, that mental illness can be a real thing that manifests itself in the brain and impacts behavior and emotions and cognitive functions.

Q: Have you noticed change in how mental illness is dealt with on campus?
A: I would say that, if there was a stigma, it's getting less and less. This is my seventh year here, and it's pretty much true that with every year there's been an increase in students we see, so I think that students are more comfortable coming in here.

Q: Do you think that there's any unique aspects/struggles with dealing with mental illness on a faith-based campus?
A: How we approach it at CAPS is that, we will see anybody, so obviously at Hope there's a lot of students whose faith is very important to them, but there are some students for whom faith is not a part of their life at all. We make sure we are open to everyone, so if somebody comes in here, and they bring faith and religion as an important piece that they want to include in the work they do here, we are happy to do that.

But we don't want to assume every student comes in that way; that's automatically going to exclude people. So if students really want biblical counseling, then we'll refer them to campus ministries or somebody off campus, because we come from a more social-science background.

Q: When you have any sort of conversation with anyone about mental illness, what do you find yourself saying the most?
A: Sleep, eat, take care of yourself: no seriously, have you heard of Maslow's hierarchy of needs? On the bottom is, “Well, you have to be safe. You have to have food, you have to have shelter.” If you don't have that, none of the higher order things are going to come. So we stress that with students a lot. You've got to take care of all that basic stuff first. I think there's a culture here of pulling all-nighters, the whole “I can get by on less sleep than you.” There's a badge of honor with that, and it's really unhealthy. It creates problems that may not be there and can be misdiagnosed as some sort of mental health issue.

Q: Is there anything that you'd like to say to Hope College students about this issue?
A: Don't suffer alone. Don't suffer in silence. If you're struggling then give yourself a break. It may not just be that “I'm lazy, I'm not a good student, or I'm unmotivated, etc.” Maybe there's something deeper going on. Reach out; come to CAPS, there's a helping circle of places on campus: CAPS, the health center, Campus Ministries, student development, Campus Safety. If you're struggling, get connected to that helping circle and say, “hey, something's not right for me.” Don't do it alone.

It's okay, not to be okay

Editorial Note: The author of the following article has requested to remain anonymous. We know who they are and have decided to respect their request.

At Hope College, I have rarely heard the topic of mental health discussed. The standard of perfection that is so present, especially here at Hope where the standard greeting is a “Hi, how are you? I'm great!” no matter the actual answer, warps its way into everyday life.

Especially, when it comes to discussing mental health. I feel that mental health is not discussed as much as it should be. As an RA here, I have spoken to many people about how they are struggling with various mental health related things but are too scared to go to a professional about seeking help. For them, the courage it took to even speak to an RA is huge, and the idea of confessing to yet another person that their life is not as together as they would like is terrifying. I get

that. I think that if Hope College, not just Campus Ministries or administration but also the students, were more open about mental health and how it's okay to not be okay, people would not feel as isolated about their own difficulties. I think that if more people talked about mental health instead of ignoring it, more people would seek the help that they need.

REACH OUT- CAPS is located on the second floor of the BSC. Call 616.395.7945 to make an appointment



HOPE COLLEGE

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Reflections on final opportunities

Seniors express excitement and fear as graduation draws near

Molly Douma
STAFF WRITER

The month of January brings with it a new year and new beginnings, but for the seniors on Hope's campus it also brings a bittersweet finality.

As their last semester of college begins, those graduating this coming spring begin to shift their mindset toward what life will look like outside of Hope's campus.

For many, this arouses a mixture of excitement for what's to come and sadness for what's being left behind. This last semester will be full of reflection, planning and accomplishments for these seniors as they prepare to cross over from current student to college alumni.

Lachan Jaarda, a member of Hope's dance department, will have a very busy semester as she prepares her advanced composition piece.

This is a project fully choreographed and directed by Jaarda, who says that her goal this semester is to produce a successful product to be seen by Hope's students and faculty. This experience will provide her a great perspective of the world she has considered pursuing after graduation: teaching dance to those who hope to pursue a career in the subject.

In another pocket of Hope's campus, a senior by the name of Miranda Craig has goals and dreams of her own for the next few months as well as life after graduation.

In her time as a student, Craig has pursued her passion for songwriting and poetry. She has made it her goal this year to write poetry every single day, an aim in which she says she has so far remained successful.

Craig hopes to continue presenting her skills as a songwriter at Pillar Church, a platform on which her songs have already been featured and where she will continue to share her talents.

When asked to reflect on their time at Hope, each of these seniors had something they wish they could have said to themselves four years ago.

To her freshman self, Craig shares a comforting word, saying, "Everyone is just as anxious to make friends as you are. Don't sit around waiting; just open the door because no one will ever shut you down."

Jaarda also shared some advice she would tell herself as a freshman, "Get more involved. Don't worry about over-committing; you're underestimating yourself."

With that in mind, Jaarda also recommended not over-correcting your involvement sophomore year, something she found herself doing in an attempt to solve her freshman self's mistake.

In a moment of reflection, Jaarda said

“College is the time for mistakes.”
—LACHAN JAARDA

“college is the time for mistakes.”


Hope is a safe and encouraging place to learn how to function in the world, a benefit that these seniors will be able to experience for one last semester before they take off into the world with the knowledge and skills they've gained as a student.

Hope College seniors will finish exams on May. The Baccalaureate and Commencement ceremony will take place on May 5.



LACHAN JAARDA


MOVEMENT — Jaarda practices her dancing, which has been a large part of her experience at Hope. She intends to continue using dance to impact her own life, as well as the lives of others.



SUNDAY, JANUARY 27
7 PM THE GATHERING
dimnent memorial chapel


MONDAY, JANUARY 28
10:30 AM CHAPEL
dimnent memorial chapel

MONDAY, JANUARY 28
6 PM Q&A
fried auditorium in martha miller



MIKE KELSEY
rockville, md

Mike Kelsey is the Campus Pastor of McLean Bible Church's Montgomery County location, in Rockville, Maryland, as well as a member of the McLean Bible Church (MBC) Teaching Team. MBC is a large congregational family consisting of five campuses around the Washington, DC metro area. Prior to his current position, Mike served faithfully in other pastoral roles, such as Pastor of MBC's Frontline Silver Spring. Born into a strong lineage of Washington, DC pastries, which includes both his father and grandfather, Mike was reared with a strong foundation in the Gospel. Mike fully surrendered himself to Christ as a student at the University of Maryland, College Park and after earning his Bachelor of Arts degree in Rhetoric and Political Culture in 2004, he went into full-time ministry with the Luis Palau Association, helping to organize evangelistic festivals in major U.S. cities. Eventually, he accepted the call to join the pastoral staff of McLean Bible Church in 2007. Mike is passionate about advancing the Gospel in multiethnic contexts and longs to see emerging generations invest their lives for God's glory. He is married to his college sweetheart, Ashley, and they have three young children: Ava, Michael III, and Jackson.



Our Mission: *The Anchor* strives to communicate campus events throughout Hope College and the Holland community. We hope to amplify awareness and promote dialogue through fair, objective journalism and a vibrant Voices section.

Disclaimer: *The Anchor* is a product of student effort and is funded through the Hope College Student Activities Fund. The opinions expressed on the Voices page are solely those of the author and do not represent the views of *The Anchor*. One-year subscriptions to *The Anchor* are available for \$45. *The Anchor* reserves the right to accept or reject any advertising.

Letter Guidelines: *The Anchor* welcomes all letters. The staff reserves the right to edit due to space constraints, personal at-

tacks or other editorial considerations. A representative sample will be taken. No anonymous letters will be printed unless discussed with Editor-in-Chief. Please limit letters to 500 words.

Mail letters to *The Anchor* c/o Hope College, drop them off at the Anchor office (located in the Martha Miller Center 151) or e-mail us at anchor@hope.edu by Monday at 5 p.m. to appear in Wednesday's issue.

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The Anchor will make continuous efforts to avoid wrong insertions, omissions and typographical errors. However, if such mistakes occur, this newspaper

may cancel its charges for the portion of the ad if, in the publisher's reasonable judgment, the ad has been rendered valueless by the mistake.

Advertisement Deadlines: All ad and classified requests must be submitted by 5 p.m. Monday, prior to Wednesday distribution.

Contact Information: To submit an ad or a classified, or to request a brochure or other information, contact our Ads Representative at anchorads@hope.edu. To contact our office, email us at anchor@hope.edu.

Fifty fingers, five pianos, one family

The 5 Browns play first Great Performance Series show

Abigail Bache
ARTS EDITOR

With the dream of bringing a new wave of attention and love to classical music, The 5 Browns, a family of classical pianists that travel and perform together, have been sharing their music with as many people as they possibly can, an audience that, as of last Friday, includes Hope College and Holland community members.

The 5 Browns rose to the public eye when all five siblings attended the Juilliard School of Music at the same time, the first group of five siblings to do so in the history of the school. The musicians were featured in People magazine in 2002, as well as appearing on “Oprah” and “60 Minutes.” The quintet has also appeared on talk shows like “The Tonight Show,” “Good Morning America” and CNN, and they have had features in the New York Times, The Los Angeles Times and Entertainment Weekly, amongst others.

Prior to their Friday night performance, music students were given the opportunity to sit in on a master class with the siblings and three of Hope’s talented piano students. Gabby Karel (’21) said about the experience: “Performing in a master class can be a nerve-racking experience, but the Browns were all very friendly and down-to-earth and made us feel at home.”

The performance on Friday



GABBY KAREL

LEARNING FROM THE MASTERS — Hope piano students Lillian Droscha, Deborah Blackmon and Gabby Karel with the 5 Browns after their masterclass Friday afternoon.

night was sold out weeks in advance, and the packed audience was not disappointed with the performance. From 7:30 p.m. until about 10 p.m., listeners were entranced by The 5 Browns’ music and the incredible skill with which they played. With five pianos on stage at once, the family was a sight to behold as they poured out their hearts into the keys, bringing the spirit of classical music to life in the Jack H. Miller concert hall. All too soon, the night was

over, and the audience was left to return to their homes, not minding the snowy weather as they hummed the lilting melodies from the evening on the way back to their cars.

This is not the only way that Hope is featuring The 5 Browns this semester. On Friday, the film “Digging Through the Darkness: The 5 Browns Story” will be showing at the Knickerbocker Theatre downtown. This film focuses on the story of the siblings and how they were

able to overcome the abuse the three sisters, Deondra, Melody and Desirae suffered for years at the hands of their father / manager. The showtime for the film is at 7:30 p.m., and Hope’s share of ticket proceeds from the evening will be donated to The Foundation of Survivors of Abuse, an organization created by Desirae and Deondra Brown. Tickets are \$7 for adults, \$6 for senior citizens, children, Hope faculty and staff, and are free for Hope students.

Textiles weave story of beauty, transience

Zach Dankert
STAFF WRITER

Baluchistan: an arid land covering modern-day parts of Iran, Pakistan and Afghanistan. Rainfall typically occurs in harsh, infrequent storms and for eight out of the twelve months, heat is intense. The people of the region — collectively called the Baluch, although there is a myriad of ethnic groups present — have been no stranger to hardship and have learned to adapt to challenges the Iranian Plateau throws their way.

These people were nomads and have traveled across the region for hundreds of years. In order to simplify their migrations, they created fabrics and materials to help them carry supplies. These textiles became not only practical resources but also beautiful mediums of expression. From here on, history becomes art, and the Kruienza Museum becomes a temporary home to “Once Were Nomads: Textiles and Culture in Baluchistan,” an exhibit that explores the unique culture.

“When you think of textiles, usually people think of rugs or tapestries,” says Caleigh White, a Hope College junior who



ZACH DANKERT

ONCE WERE NOMADS — This exhibition, running from Jan. 15 until May 11, offers a look at the unique Baluchistan culture.

worked alongside the museum staff to organize and curate this exhibit. “But it’s just amazing how they can live their whole lives without the everyday essentials that we have and just live with the bare minimum, their textiles.”

White is a studio art major, and spent the summer researching and preparing to display these textiles. “When I got to look at [the textiles] up close, I realized how intricate and amazing they can be. It just opened my mind a bit.”

“Once Were Nomads” hosts an assortment of cultural pieces that range from domestic furnishings to animal trappings to marriage gifts — even a life-sized camel. Many ethnic groups such as the Hazara, the Pashtun and the Aimaq are also represented. From such a wealth of tradition naturally comes a wealth of knowledge; viewers will not only get a feel for how these people survived, but also for how they thought and moralized and how they viewed themselves in relation to each other, nature and God. White encourages everyone to

visit and spend a while gazing at the imaginative fabrics. “If you do actually want to immerse yourself in the culture and learn more about the textiles and the people,” she says, “the whole story is there. It’s just very mind-opening.”

However, it is a tragedy of time that beauty fades, and the current situation of Baluchistan plays testament to this fact. The Baluch people had freely traveled across borders in the past years but are now limited in where they can go due to antagonizing national borders. The majority of Baluch people are now concentrated in the Baluchistan region of Pakistan, where they face human rights violations from the Pakistan government, which the Human Rights Watch (HRW) described as an epidemic in 2011.

One thing White hopes viewers will take out of this visual experience is a better appreciation for the Middle East. With all of this in mind, it is even more imperative for students and faculty to not only open their mind but their hearts as well. A visit to the Kruienza before May 11 will surely end in a profound celebration of humanity for anyone.

IN BRIEF

Upcoming Events

- Jonathan Frey Exhibition @ DePree Art Center
- Kruizenga Art Museum: Once Were Nomads: Textiles and Culture in Baluchistan Exhibit @ Kruizenga
- Confirmation Film & Discussion Follow Up - Jan. 23, 6:30 p.m. @ Fried Hemenway Auditorium
- Fulbright Informational Meeting - Jan. 24, 11 a.m. @ Granberg Room
- Vanderprov Show - Jan. 25, 7 p.m. @ BSC Program Area
- Guitarist Jordan Dodson - Jan. 25, 7:30 p.m. @ JHM Center
- Winter Happening 2019 - Jan. 26 @ Haworth Inn
- Blue Lake Audition - Jan. 26, 1:30 p.m. @ Dow Center 207
- Documentary Screening: Same God -Jan. 26, 7 p.m. @ Knickerbocker
- Winter Film Series: Far From the Tree - Jan. 28, 7:30 p.m. @ Knickerbocker Theatre

Top Movies from the Weekend

1. Glass
2. The Upside
3. Aquaman
4. Dragon Ball Super: Broly
5. Spider-Man: Into the Spider-Verse
6. A Dog’s Way Home
7. Escape Room
8. Mary Poppins Returns
9. Bumblebee
10. On the Basis of Sex

Billboard Top 10 Songs

1. Post Malone & Swae Lee - “Sunflower”
2. Halsey - “Without Me”
3. Ariana Grande - “Thank U, Next”
4. Travis Scott - “Sicko Mode”
5. Panic! At The Disco - “High Hopes”
6. Marshmello & Bastille - “Happier”
7. Maroon 5 feat. Cardi B - “Girls Like You”
8. Lil Baby & Gunna - “Drip Too Hard”
9. Benny Blanco, Halsey, & Khalid - “Eastside”
10. Kodak Black feat. Travis Scott & Offset - “ZEZE”

This Week’s Netflix Releases

- Hotel Transylvania 3: Summer Vacation
- Animas
- Black Earth Rising
- Club de Cuervos (S4)
- Kingdom
- Medici: The Magnificent
- Polar
- Unbreakable Kimmy Schmidt (S4)
- Z Nation (S5)

New York Times Best Sellers

- Turning Point - Danielle Steel
- Where the Crawdads Sing - Delia Owens
- An Anonymous Girl - Greer Hendricks and Sarah Pekkanen
- The New Iberia Blues - James Lee Burke
- Prisoner of Night - J.R. Ward
- The Reckoning - John Grisham
- Becoming - Michelle Obama
- Educated - Tara Westover
- The First Conspiracy - Brad Meltzer and Josh Mensch
- The Truths We Hold - Kamala Harris
- Sapiens - Yuval Noah Harari
- The Point of It All - Charles Krauthammer
- White Fragility - Robin DiAngelo

Hope Talent

- Michael J. Pineda - “Lady Luck,” “Headspace”
- Julian Lugo - “Thank You”

Available on music streaming services (iTunes, Spotify)

Check out Coffee House in the BSC great room to hear more of Hope’s talented students every Thursday night from 9-11 p.m.

The Dow diaries pt. 1: a noob hits the gym

Ruth Holloway
LIFESTYLE EDITOR

If you're anything like me, you were not the kid in the tour group who thought, "Oh boy!" when the campus guide walked you through the lobby of the Dow Center at Hope College. The building itself is not an architectural wonder, and its amenities appeal mostly to fitness buffs and people who like to post mirror selfies to Instagram. While I harbor no ill will toward any who fall into either of the aforementioned categories, I am simply not one of you. This is a reality that previously left me feeling as though going to the Dow would have little value for me personally. That being said, I very recently became the lifestyle editor of this fine newspaper and did not feel as though I could give meaningful advice on health and wellness if I were not making a concerted effort to be healthy and well.

While being able to write personally relatable articles about fitness was definitely a motivator, another form of workout inspiration was my watch. If you wear a FitBit, Apple Watch, or some other fitness-tracking accessory, you likely know how demoralizing it is for a tiny gadget to address you by your first name and



KEVIN HOLLOWAY

ME DOING SPORTS - (above) Before I came to college and got lazy, I played varsity and club volleyball for the majority of my high school career.

gently inform you that you did not reach your "move goal" for the day.

Beyond personal motivators, Dr. Susan Krauss, Whitborne of Psychology Today outlines 19 practical reasons to exercise, such as the fact that working out strengthens your immune system and makes you more resistant to illnesses. Additionally, it gives you an energy boost. Those of you who are at risk of falling asleep during your mid-afternoon lectures might benefit from heading to the Dow before

class. Other great benefits include an improved mood, better sleep and lower anxiety. Can't think of that word that's just on the tip of your tongue? Go for a run! Studies show that regular exercise can help improve memory, along with a whole host of other emotional and health benefits.

Last Wednesday, bearing all of this in mind, I pulled on my most sporty-looking leggings, a t-shirt, then began searching high and low for a pair of running shoes. These shoes should not have been that hard

to find, but the fact of the matter is that I almost left them at home, in Pittsburgh, convinced that I would not wear them once over the course of the semester. Eventually, I emerged from my closet, triumphant, holding a pair of Brooks that still had dirt in them from my immersion trip in March 2018.

Determined to lead a more healthy and productive lifestyle, I made the short trek from Wyckoff to the Dow, shivering all the way, convinced that a hoodie was an appropriate choice on a day when the highest

temperature was twenty-some degrees. Big mistake. Once I got to the Dow, I went for a short run, then spent the rest of my time biking ten miles on the stationary bike, which was at worst, tolerable, and at best, fun. At the end of the day, the biggest and most exciting takeaway was feeling as though I had in some way earned my hot shower and a long and restful night under crisp, clean sheets.

If you think you would like to start working out but feel like there's no chance you'll follow through, fear not! The key to sticking to your goals, a topic that Sophia touched on last week, is setting goals that are SMART: Specific, Measurable, Achievable, Relevant, and Time-Bound. To put this into perspective, you should start by focusing on a clear objective that can be kept track of by numeric value. Not only that, but this goal should be something that you think will be both personally beneficial and within reason. Finally, you should set goals that fall into some time frame.

Your goals might look very different than mine, but it is my hope that you are left feeling refreshed, empowered and sure of yourself. It's hard to argue with feeling that good.

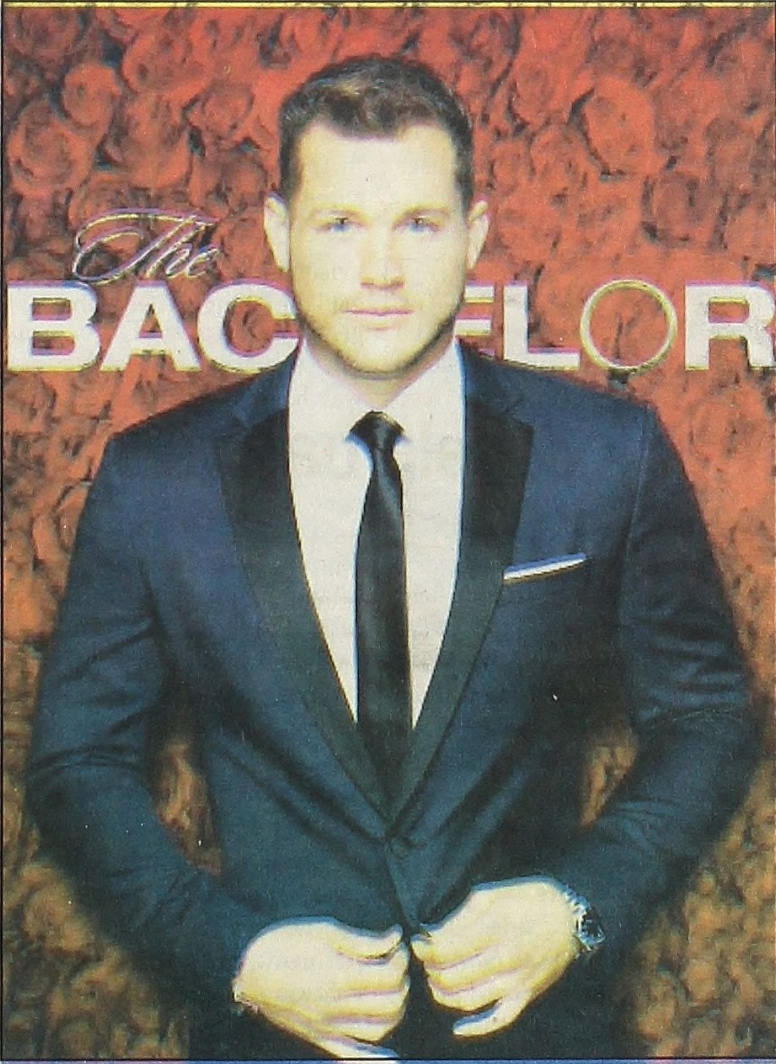
Here's why you can't stop watching 'The Bachelor'

Molly Douma
STAFF WRITER

Twenty-five women. One man. Eight million viewers. ABC's "The Bachelor" is a spectacle that the public can't seem to resist. The show is a barrage of theatrics and conflicts, all in the name of love. Each season introduces the bachelor, usually the second or third runner-up on a previous season of "The Bachelorette," and a new group of 25 women. The goal is for a series of dates to help the bachelor narrow down the 25 participants to one woman he chooses to marry. This concept is conducive to a very competitive spirit among the women; they are all there to win, and many will do whatever it takes. In attempts to leave a memorable first impression, women have been known to fake Australian accents, wear a sloth costume or literally flip out of the limo that brings them to the Bachelor mansion.

Among viewers, there is a large population who watch the show simply to poke fun at the outrageous behavior. They thrive when observing what most would consider to be the worst, most uncomfortable moments of the show. What is it about this show that draws people in even when they are fully aware of its ridiculousness? Why are humans so instinctively drawn to the painful drama and tears that ensue on screen?


This phenomenon can be



ABC.COM

explained by a psychological study done by the U.S. National Library of Medicine. The experiment explored human curiosity surrounding negative events and attempted to reason through the origins of that curiosity. According to the NLM, a person's curiosity arises in an

attempt to close an "information gap" between what they want to know and what they currently know." The scientists provide subjects with a brief view of two images, one negative and one neutral, and ask them which image they would like to see again. The results showed that



Sean Lowe ✓
@SeanLowe09

Can't wait to not tell our kids how we met one day.

2:25 PM · 1/15/19 · Twitter for iPhone

151 Retweets 7,687 Likes

TWITTER.COM

TRUE LOVE? - Of the 22 proposals filmed during "The Bachelor," only one couple has stayed together after the cameras stopped rolling. Sean Lowe (above) and his wife, Catherine, have been married for five years. Will Colton Underwood (left) find love? Tune in at 8:00 p.m. on Mondays to find out.

the subjects more often passed over the neutral image in favor of the negative. This is a result of the human desire to close the information gap. More of the test subjects have likely experienced a neutral situation, so they have a stronger desire to explore the negative stimuli that will further their understanding of the world. This is referred to as "morbid fascination."

The instinctual attempt of people to further their under-

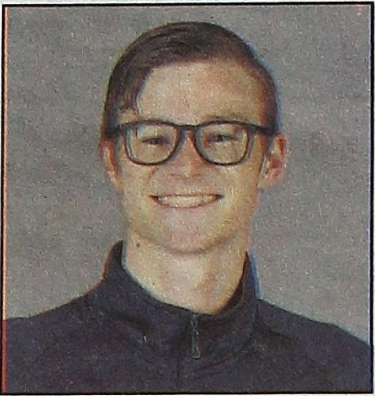
standing of the world applies to experiences as well, such as the emotional, romantic competition found in "The Bachelor." People watch the show not because it is relatable, not because it is realistic but because it is so far from what viewers will experience in their own life that it allows them to close that information gap. The average person does not know what it feels like to be placed with 25 other women in a competitive environment for one man's hand in marriage or to be a single man attempting to sort through those women for the perfect match. Watching others go through that experience, however much as it is ridiculed, quells our instinctive curiosity and explains America's widespread fascination with "The Bachelor."

Swim & dive takes victory against Kzoo

Megan Grimes
SPORTS EDITOR

Last Saturday the men's and women's swim and dive teams competed against Kalamazoo College in a MIAA dual meet, with both teams victorious! The men's team won with 156 points to Kalamazoo's 144, taking nine first place finishes throughout the meet. The women's team topped the men in points and places, ending the meet 163-134 with ten first place finishes.

The win followed an encouraging week as sophomores Daniel Keith and Grant Williams swept the MIAA player of the week honors, both for the second time this season. Keith was named swimmer of the week last week for his performance in the 200-yard backstroke at Wheaton College, second-fastest in the MIAA. Williams was named diver of the

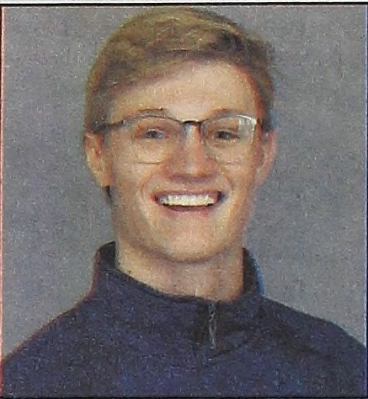


HOPE COLLEGE

GRANT WILLIAMS — Jan. 14 MIAA diver of the week.
week last week for his season-high dives at Wabash College.

The men's victory featured wins by four different contributors who dominated the scoring. Keith won three events, the 100 backstroke in 53.54 seconds, the 200 backstroke in 1:58.12 and the 100 butterfly in 51.34 seconds. Junior Daniel Clyde took two first place finishes in the 200 freestyle in 1:48.11 and the 100 freestyle in 49.01. Senior Jeff Engle won the 500 freestyle in 5:06.19.

The divers swept the top three places, with Williams winning the 1 and 3-meter dives. He set Hope's dual-meet record in the 1-meter with a score of 313.95, breaking the previous 308.5 record ('16). His 3-meter score was 293.90. He was followed by Brian Simonich ('19) in second and Kamaron Wilcox ('22) who took third on both boards.



HOPE COLLEGE

DANIEL KEITH — Jan. 14 MIAA swimmer of the week.

Women's hoops on a roll, young team finds success

Megan Grimes
SPORTS EDITOR

The women's basketball team played an impressive game last Wednesday against Saint Mary's College, winning with a score of 93-44. The 17-person team, with only one senior and two juniors, has led an incredibly successful season thus far. Their record is now 15-2 and 7-1 in the MIAA.

St. Mary's stood no chance against the Flying Dutch, who had seven members of the team scoring at least eight points. Senior Francesca Buchanan led the team both as a captain and in points, downing twelve, followed by sophomore Lauren Newman who took eleven.

Natalee Kott, a freshman, scored ten points throughout the game, one an easy basket with only three seconds left in the third quarter. Kasey DeSmit,

another freshman, made the quick decision to pass while double-teamed by St. Mary.

"That play was a real extension of her growth of not trying to make something happen that wasn't there," head coach Brian Morehouse commented. "Relax. Survey. Find the open player. She knew somebody was open, because two were guarding one."

Morehouse has noticed improvements not only in individuals but in the team as a whole. "Defensively we're getting better as we're getting older," he commented. The young Flying Dutch still have more to learn but are taking wins in stride, not letting tough competition take them down without a fight. The team looks forward to MIAA games on the road today at Albion College and Saturday at Trine University.

Completing the series of wins was a 400 freestyle relay team of Keith, Clyde and two freshmen: Andrew Dwan and Nick Weigle, who swam the race in 3:13.56.

The women's side also came off a successful week, with senior Abigail Brinks being named the women's swimmer of the week for the first time in her career after her incredible performance at Wheaton. She swam the 1,000 freestyle in 11:7.02, the fastest in the MIAA by two full seconds.

The Flying Dutch had a larger spread of swimmers and divers taking their impressive ten wins last Saturday, using the depth of their team to overcome Kalamazoo. The team started strong with a win in the 200 medley relay, featuring swimmers Allison Eppinga ('20), Paula Nolte ('20), Betsy Craig ('19) and Sydney Asselin ('19) in a time of 1:51.85.

Eppinga also took an individual win in the 100 freestyle in a speedy 54.94 seconds. Freshman Paige Kuhn won the 1650 freestyle in 18:11.26, junior Erin Emmert won the 200 butterfly and sophomore Meg Peel raced hard to win and set a pool record for the 200 backstroke, swimming a time of 2:08.36.

The swimmers also swept the top two places of four other events, firmly pushing the competition towards Hope's

winning side. Peel won the 100 backstroke followed by sophomore Hope Reynolds. In the 200 free, sophomore Emma Schaefer took first with Brinks following. Brinks kept swimming strong, winning the 50 freestyle with Asselin barely a second behind, and in the 100 butterfly, Craig took first and Eppinga took second.



HOPE COLLEGE

ABIGAIL BRINKS — Jan. 14 MIAA swimmer of the week.

Senior diver Sara Plohetski didn't miss out on the wins, taking first place on the 1-meter board with a score of 244.10.

This weekend the divers look forward to competing twice! On Friday they dive at Grand Valley State University, and on Saturday they will be joined by the swimmers in a dual meet at the Dow Center Kresge Natatorium against Albion College. Come out and support the teams!

The men also played last week, winning with a score of 87-74 against Alma College. Sophomore Danny Beckman had a breakout performance after a tough knee injury last year, scoring a collegiate high 18 points in the game and a career best six 3-pointers.

Junior Riley Lewis scored 25 points during the game, which included two points from the three free throws he shot. His miss ended a months-long streak of 51 consecutive free

throw points, moving to 96.8 percent of his shots made.

The men's win was followed with an unfortunate loss on Saturday against Olivet College with a score of 89-62. Their record is now 10-7 overall, 3-3 in the MIAA, and they are in a three-way tie for fourth place in the overall MIAA standings.

They play again today at home against Albion and on Saturday at home against Trine. Come out to the DeVos Fieldhouse to watch and cheer them on!

Track & field back strong

Megan Grimes
SPORTS EDITOR

The indoor track and field teams competed in the Mike Lints Open at Grand Valley State University last Saturday, their first meet of the new year. There were 15 teams at the event, with the men's team racing to sixth place with 40.4 points and the women's team taking eighth place with 16 points.

On the men's side, Justin Freeman ('19) won the 60-meter dash, setting a new record in the event with a time of 6.93 seconds. Not far behind was junior Corey Derr with a time of 7.13. Other scoring performances include that of junior Owen Ljung, who took second place in the 600 meter dash, finishing in 1:22.5, and junior Joshua Izenbart, who took seventh in the 60 meter hurdles. One of the men's 4x400 meter relays took sixth place

with a time of 3:30.09, with a second team of Hope runners taking eighth place with a time of 3:32.31.

Senior Benjamin Turner, who returned from a semester in New Zealand, took seventh place in pole vault. Senior captain Tucker Gibbons took fifth in the triple jump with 12.08 meters, followed up by Louis Kopp ('19) who jumped 11.95 meters.

The women had strong performances, with sophomore Addyson Gerig finishing in the top eight in three separate events: sixth place in the triple jump at 9.75 meters, seventh place in the high jump at 1.53 meters and seventh place in the long jump at 4.95 meters. The 4x400 meter relay also took sixth place with a time of 4:17.45, and freshman Jenna Breuker took seventh in the weight throw. The teams race again on Friday.

THIS WEEK IN SPORTS

Today
Women's Basketball
@ Albion, 7:30 p.m.

Men's Basketball
vs. Albion, 7:30 p.m.

Friday
Men's Track & Field
@ Aquinas Quad, 3 p.m.

Women's Track & Field
@ Aquinas Quad, 3 p.m.

Men's Dive
@ Grand Valley State University, 1 p.m.

Women's Dive
@ Grand Valley State University, 1 p.m.

Men's Hockey
vs. Grand Valley State, 7:30 p.m.

Saturday
Men's Swim & Dive
vs. Albion, 1 p.m.

Women's Swim & Dive
vs. Albion, 1 p.m.

Men's Tennis
vs. Augustana (IL)
@ Wabash College, 12:30 p.m., 5 p.m.

Women's Basketball
@ Trine, 3 p.m.

Men's Basketball
vs. Trine, 3 p.m.

Men's Ice Hockey
@ Grand Valley State, 5:30 p.m.

IN BRIEF

MEN'S HOCKEY

The men's hockey team came out on top once again, scoring an impressive amount of goals this weekend in two home matches. On Friday they played Dordt College and won 14-0 for their fourth shutout of the season. They followed their win with another shutout against University of Nebraska at 3-0, moving their season record to 18-2-1. Next weekend the team plays Grand Valley State University at home on Friday, and at Grand Valley State on Saturday. Wish them luck!

NATIONAL GIRLS & WOMEN IN SPORTS DAY

Last Wednesday was the 2019 National Girls and Women in Sports Day, marked by Hope College Athletics' annual evening event for middle school girls. The night had a total of 100 middle school girls coming out to the Dow to meet women from all eleven sports teams, with fun games and activities featuring aspects of each sport. The gym was filled with smiles as the young girls were empowered to stay active and enjoy the opportunities that sports offer.

MIAA PLAYERS OF THE WEEK

Indoor Track
Justin Freeman ('19)

Swimming
Paige Kuhn ('22)

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